

Abstract

The invention relates to a weight lifting apparatus which provides for the center of gravity of a weight to be maintained below the point where the apparatus is gripped by a user, as the user raises and lowers the apparatus. The center of gravity of the weight is thus maintained centered about the user's body, which improves the user's control of the weight and improves efficiency of the exercise. In one embodiment the weight lifting apparatus comprises a frame having a handle disposed thereon; and a member extending from the frame for attaching one or more weights thereto, the member being substantially co-planar with the frame; wherein the handle swivels about its longitudinal axis.

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